

Garden Clinic

Sexual Health Service newsletter

Issue 2 (Oct 2026)

Welcome to Issue 2! Garden Clinic provides free, confidential sexual health services for people of all ages. We are pleased to share some service updates, new prevention options, our Maidenhead Tuesday clinic, and upcoming education opportunities for professionals.



Clinic locations

- Upton Hospital, Slough (open Monday to Friday)
- Skimped Hill Health Centre, Bracknell (open Monday & Thursday)
Wednesday ***date to be confirmed***
- St Marks Hospital, Maidenhead (open Tuesday)



Tuesday clinic • Maidenhead

Level 2 sexual health service • 10am–6pm

St Marks Hospital,

Our Tuesday Maidenhead clinic offers a LEVEL 2 SEXUAL HEALTH SERVICE for adults and young people. This provides an opportunity for patients to access a wider range of sexual health assessments, testing, treatment and prevention services closer to home.

Please note coil removals are not provided at this clinic.

New walk-in clinics

We now hold walk-in clinics **for all ages** at
Upton Hospital: <https://youtu.be/sOgpGfbXT7U>

- Monday, 12.15pm – 6.30pm
- Friday, 8.45am – 3pm

The young person's clinic **for under-18s** at Upton Hospital will still be running on Wednesdays, 3.30pm – 5.30pm.

A walk-in clinic **for under-18's** also runs at **Skimped Hill Health Centre** on Thursdays, 3.30pm – 5.30pm.

<https://youtu.be/uXfT2bdhwaQ>



Clinical updates

Meningioma and Progestogens: Evidence suggests that some progestogens are associated with an increased risk of intracranial meningioma (IM), particularly with prolonged use.

[Statement Response Lundstrom et al Progestogens and meningioma study \(July 2026\).pdf](#)

Chlamydia guidelines:

[British association for sexual health and HIV UK national guideline for the management of infection with Chlamydia trachomatis, 2026](#)

- Doxycycline 100 mg twice a day for 7 days now sole first line recommended treatment (unless contraindicated).
- For individuals diagnosed with chlamydia who report using doxy PEP, we recommend using the first line treatment outlined above
- Recommended time for a retest changed to 2 - 6 months following treatment based on RCT

STI /HIV Prevention

Doxycycline Post exposure prophylaxis (PEP) for Chlamydia and Syphilis

Current evidence consistently demonstrates that doxy PEP is effective at reducing the incidence of chlamydia and syphilis among GBMSM and TGW. In the UK, doxy PEP is not expected to be effective in preventing gonorrhoea due to the high prevalence of tetracycline resistance.

[British Association for Sexual Health and HIV \(BASHH\) UK national guideline for the use of doxycycline post-exposure prophylaxis \(DoxyPEP\) for the prevention of syphilis, 2025](#)

Injectable Cabotegravir pre-exposure prophylaxis (PrEP);

Injectable prep is now available on NHS, signpost individuals to the garden clinic for assessment.

[Recommendations | Cabotegravir for preventing HIV-1 in adults and young people | Guidance | NICE](#)

Cervical smears for women with well controlled HIV infection:

Women with well controlled HIV infection to have cervical smears every 5 years as per new guidance. Annual smears for new diagnosis and those with detectable viremia.

[Updated cervical screening recommendations for people living with HIV – BHIVA](#)



Education & training

STI & HIV Update • 9 December 2026

Do you have any topics?

Please email us and let us know if there were any educational topics that you would like us to specifically cover in our next meeting.

We provide training and education for:

- STI competencies: (intermediate/advanced), [STI Foundation](#)
- Contraception competencies (DCSRH, LoC in IUT, and SDI) [CoSRH Qualifications](#) | [CoSRH](#)
- Refresher sessions for LARC procedures
- Taster sessions for trainees/students

Email gardenclinicadmin@berkshire.nhs.uk to express your interest.



Next Educational Meeting: STI/HIV Update

Wednesday 9th December 2026

Join:

<https://teams.microsoft.com/meet/380757158092617?p=EsKeHWKc5DCyCHfFKc>

Meeting ID: 380 757 158 092 617

Passcode: az2kd6Xo

Contact us



0300 365 7777 (select option 5 for the direct line for professionals)



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Scan me

Please see enclosed with this newsletter our latest patient leaflets and waiting room posters.



berkshirehealthcare.nhs.uk/sexual-health